

## **ABSTRACT**

The present invention provides a nutritional composition effective in facilitating bone healing in human, comprising lysine, proline, ascorbic acid, copper, vitamin B<sub>6</sub>. The nutritional composition contains 27-34 % wt lysine, 14-16 % wt proline, and 42-47 % wt ascorbic acid. The nutritional composition further comprises vitamin A, vitamin D<sub>3</sub>, vitamin E, vitamin B<sub>1</sub>, vitamin B<sub>2</sub>, niacin, folic acid, vitamin B<sub>12</sub>, biotin, pantothenic acid, calcium, phosphorus, magnesium, zinc, selenium, manganese, chromium, molybdenum, potassium, citrus fruit peel bioflavonoids, arginine, cysteine, inositol, carnitine, coenzyme Q<sub>10</sub>, and pycnogenol. The present invention also provides a method of administering the nutritional composition in human effective in facilitating bone healing.